What's happening

January/February 1986
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-LAUREL HEIGHTS EVENTS

All events held at 3333 California auditorium. For further information call 476-3206.

Wed., Jan. 22: **Free Community Health Talk: Hypertension: Recent Developments in its Prevention & Treatment.** 7:30-9 p.m. Free parking available (enter from California).

Sat., Jan. 25: **Films: Popeye** and **Laurel & Hardy's The Music Box.** 1 p.m. $1.50. Parking 50¢ (enter from California).

Sat., Feb. 15: **Films: Bugs Bunny Cartoons** and **The Paper Moon.** 1 p.m. $1.50. Parking 50¢ (enter from California).

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, January 7, 14, 21 & 28 and February 4, 11, 18 & 25. Meet in the lobby of the Medical Sciences building, 513 Parnassus. For further information call 476-4394.

BROWN BAG TOURS/ LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 303 Health Sciences West (enter through 513 Parnassus). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. Call 476-4394.

Jan. 8: **Attitudes About Money.**

Jan. 15: **Our Skin & the Aging Process.**

Jan. 22: **Recent Advances in the Treatment & Diagnosis of Cardiovascular Disease.**

Jan. 29: **UCSF Center for Neural Injury.**

Feb. 5: **Listening Skills for Better Connections.**

Feb. 12: **Here's Looking at You, Kid.** One man's battle to establish laws that require self-extinguishing cigarettes.

Feb. 19: **Life Under Sail.** Forty years of painting square-riggers & America's Cup Defenders.

Feb. 26: **Eating Disorders.**

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. Topics are subject to change. Call 476-3206.

January

Sexual Health. OMI Senior Center, 333 Randolph.

Skin Care. First Baptist Church Senior Center, 7 Octavia.

Skin Care. St. Mary's Cathedral Senior Center, 1111 Gough.

Stress. Haight Ashbury Senior Center, 1350 Waller.

Sleep Disorders. Montefiore Senior Center, 3200 California.

Exercise. Francis of Assisi Senior Center, 145 Guerrero.

Nutrition. Richmond YMCA Senior Center, 360-18th Ave.

Insomnia. Beth Shalom Kosher Nutrition Senior Center, 318-15th Ave.

Wellness & Health Promotion. Seventh Ave. Presbyterian Church Senior Center, 1329-7th Ave.

February

Aerobic Exercise. OMI Senior Center, 333 Randolph.

Hypertension. First Baptist Church Senior Center, 7 Octavia.

Hearing. St. Mary's Cathedral Senior Center, 1111 Gough.

Weight Loss. Haight Ashbury Senior Center, 1350 Waller.

Recent Advances in Pain Research. Montefiore Senior Center, 3200 California.

Care of Bones. Francis of Assisi Senior Center, 145 Guerrero.

Exercise for the Elderly. Richmond YMCA Senior Center, 360-18th Ave.

Health Myths. Beth Shalom Kosher Nutrition Senior Center, 318-15th Ave.

SPECIAL EVENTS/DATES

Tues., Jan. 14: **CAL Performance: Bill Talen.** Bay Area actor, writer & storyteller. Cole Hall, 513 Parnassus. Noon. Call 476-2571.

Wed., Jan. 15: **Heterosexuals & AIDS.** A conference sponsored by the UCSF AIDS Health Project & the SF AIDS Foundation. Cole Hall, 513 Parnassus. 7:30-10:30 p.m. Call Marc Gold, 626-6637.

Tues., Jan. 21: **The Sixth Chancellor's Distinguished Lecturer for the Public Understanding of Science: Science on Television.** Graham Chedd, producer of PBS documentaries for "Nova," "Odyssey" and "Frontline." Cole Hall, 513 Parnassus. 3 p.m.

Thurs., Jan. 23: **Twilight Concert: Robert Taub, classical pianist.** Faculty/Alumni House, 745 Parnassus. Reception 5 p.m., concert 5:45-7 p.m. $4. Call 476-2571.

Mon., Jan. 27: **Campus Blood Drive.** Blood may be given in Millberry Union main lounge, 500 Parnassus, from 8 a.m.-3 p.m., or mezzanine level, School of Nursing Bldg. (enter through 521 Parnassus) from 11 a.m.-5:30 p.m. For further information call 476-4394.

Tues., Jan. 28: **Bella Lewitzky Dance Company Lecture/Demonstration.** Millberry Gym, 500 Parnassus. Noon. Call 476-2571.

Wed., Jan. 29: **Breast Cancer Update: A Choice of Therapy.** A free Community Health Education Lecture. Toland Hall, 533 Parnassus. 7:30-9 p.m. Free parking available in Millberry Union garage. Call 476-3206.

Wed., Feb. 12: **Performance: Ernestine Florence, jazz vocalist.** Millberry Union lounges, 500 Parnassus. Noon. Call 476-2571.

Fri., Feb. 28: **Twilight Concert: Flowing Stream Ensemble.** Special musical celebration of Chinese New Year. Millberry Union lounges, 500 Parnassus. Reception 5 p.m., concert 5:45-7 p.m. $4. Call 476-2571.

MOBILE MAMMOGRAPHY SCREENING PROGRAM

Women now can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 between 9 a.m. and 3:30 p.m.

The van will be at the following locations during January and February:

- Jan. 6-10: Grand Central Market, California between Steiner & Fillmore.
- Jan. 13-17: Taraval, in front of Safeway, between 17th & 18th Aves.
- Jan. 21-24: UCSF-Laurel Heights parking lot, 3333 California (not Mon.).
- Jan. 27-31: In front of Pacific Bell, 690A Folsom.
- Feb. 3-7: 7th Ave., between Geary & Clement, in front of Lick Super.
- Feb. 10-14: On Drumm, between Sacramento & Clay.
- Feb. 18-21: Irving, between 25th & 26th Aves., across from Sunset Super (not Mon.).
- Feb. 24 & 25: AT&T parking lot, Folsom & 4th St.
- Feb. 26-28: Japan Town, on Post, between Webster & Fillmore.

MASSAGE SERVICE

Millberry Union offers massages Mon. & Tues. 3-8 p.m., Wed. 8 a.m.-8 p.m., Thurs. & Fri. 12-8 p.m. and Sat. 10 a.m.-3 p.m. UCSF students and Millberry Union members $9 half hour, $17 hour, general $13 half hour, $20 hour. Gift certificates are available. For further information call 476-1115 or visit the Millberry Union pool desk, 500 Parnassus.

FILMS

COLE HALL CINEMA

All films are shown in Cole Hall, Medical Sciences building, 513 Parnassus. Children under 14 $1.50; UCSF students, seniors & Millberry Union members $2; general $2.50. For further information call 476-2571.

Thurs., Jan. 9: **Places in the Heart.** 5:45 p.m.

Fri., Jan. 10: **Places in the Heart.** 6:30 & 9 p.m.

Thurs., Jan. 16: **Silverado.** 5:45 p.m.

Fri., Jan. 17: **Silverado.** 6:30 & 9 p.m.

Thurs., Jan. 23: **Witness.** 5:45 p.m.

Fri., Jan. 24: **Witness.** 6:30 & 8:45 p.m.

Thurs., Jan. 30: **Pee Wee's Big Adventure.** 5:45 p.m.

Fri., Jan. 31: **Pee Wee's Big Adventure.** 6:30 & 8:45 p.m.

Fri., Feb. 7: **Gospel.** 6:30 & 8:45 p.m.

Fri., Feb. 14: **Falling in Love.** 6:30 & 8:45 p.m.

Thurs., Feb. 20: **Falcon & the Snowman.** 5:45 p.m.

Fri., Feb. 21: **Falcon & the Snowman.** 6:30 & 9 p.m.

Thurs., Feb. 27: **The Jagged Edge.** 5:45 p.m.

Fri., Feb. 28: **The Jagged Edge.** 6:30 & 8:45 p.m.

WOMEN'S RESOURCE CENTER LECTURES

All lectures held in Cole Hall, 513 Parnassus, noon-1 p.m. unless otherwise noted. Call 476-5836.

Thurs., Jan. 9: **Women: Beginning a Nutrition Tradition.**

Thurs., Jan. 23: **Lorraine Hansberry: Playwright, Activist, Womanist.**

Thurs., Feb. 6: **Just Friends.** Lillian Rubin, author of *Just Friends.*

Tues., Feb. 11, 18 & 25: **Lectures on Women & Spirituality.** Toland Hall, 533 Parnassus.

NEW VOLUNTEER ORIENTATION

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Call 476-1196.

Wed., Jan. 8: Toland Hall, 533 Parnassus. 1-3:30 p.m.

Tues., Jan. 21: Clinical Sciences Bldg., 521 Parnassus, Rm. 130. 6-8:30 p.m.

Wed., Feb. 5: Toland Hall, 533 Parnassus. 1-3:30 p.m.

Thurs., Feb. 20: Medical Sciences Bldg., 513 Parnassus, Rm. 214. 6-8:30 p.m.

FOLK DANCING

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus. $1. 1:15-2:30 p.m.

ART EXHIBITS

Hospitals Auxiliary Exhibit. On display for the month of January in the lobby of Moffitt Hospital, 505 Parnassus, will be photos, calligraphy and paintings. In February, primitive acrylics, etchings, and photographs of Carmel. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Moffitt Hospital, Rm. 181D, 10 a.m.-2 p.m. or call 476-4906.

Faculty/Alumni House Exhibit. On display through February are oils on canvas & paper by Stewart B. Gross and photographs by Della Rossa. Faculty/Alumni House, 745 Parnassus. 8 a.m.-4:30 p.m. For further information call 476-4723.

PRO: RECREATION & FITNESS PROGRAM

Over 100 classes offered quarterly in areas of exercise training/aerobics, swimming, stress management, massage & relaxation skills, dance, racquetball, squash, scuba diving, sailing, self-improvement & education, cooking, catering, photography & stained glass. For further information and a free brochure listing all classes call 476-1800.

Wed., Jan. 8: **Registration for Children's Classes.** Millberry Union Central Desk, 500 Parnassus. 8 a.m.-2 p.m. and 4-7 p.m.

Thurs., Jan. 9: **Registration for Adult Classes.** Millberry Union Central Desk, 500 Parnassus. 8 a.m.-2 p.m. and 4-7 p.m.

OUTDOORS UNLIMITED

Located on Parnassus, street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoors adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure call 476-2078.

Tues., Jan. 21: **Welcome to Outdoors Unlimited.** OU Center. 7 p.m.

Sat.-Sun., Jan. 25-26: **Cross-Country Ski Trip.** South Lake Tahoe.

Tues., Jan. 28: **Adventure Film Society Show & Meeting.** Rm. 238, Millberry Union, 500 Parnassus. 7 p.m.

Tues.-Sun., Feb. 4-9: **Intermediate Cross-Country Skiing Clinic.**

Wed., Feb. 5, 12, 26: **Kayak Roll Session.** Millberry Union Pool, 500 Parnassus.

Sat., Feb. 8: **Tide Pool Walk.** Moss Beach.

Sun., Feb. 9: **Birdwatching.** Bay Estuary Preserve.

Wed., Feb. 12: **Workshop: China on the Cheap.** Millberry Union Madrone Rm., 500 Parnassus.

Fri., Feb. 14: **Valentine's Day Wine Tasting & Dancing.** Millberry Union East Lounge, 500 Parnassus. 7 p.m.

Sat.-Sun., Feb. 15-16: **Cross-Country Ski Trip.** Lassen National Park.

Tues., Feb. 18: **Spring Adventures Get-Together.** Millberry Union Residence Lounge, 500 Parnassus.

Thurs., Feb. 20: **Broom Hockey.** SF Ice Arena. 10-11:30 p.m.

Sat., Feb. 22: **Day Hike.** Muir Woods.

Sat.-Sun., Feb. 22-23: **Outdoors Unlimited Benefit Cross-Country Ski Trip.** South Lake Tahoe.

Sun., Feb. 23: **Bicycle Tour.** San Gregorio & Pescadero.

Tues., Feb. 25: **Adventure Film Society Show & Meeting.** Rm. 238, Millberry Union, 500 Parnassus. 7 p.m.

NURSING SERVICES COURSES

For further information call 476-2993.

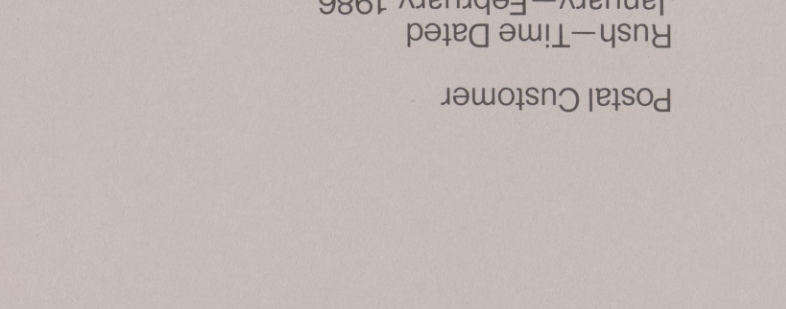
Thurs.-Fri., Feb. 6-7: **The Diabetic: A Dynamic Interdisciplinary Approach to Patient Management.** Toland Hall, 533 Parnassus.

Thurs.-Fri., Feb. 13-14: **Clinical Nurse Specialist/Nurse Administrators.** Mark Hopkins Hotel, SF.

UCSF
University of California, San Francisco
...A Health Sciences Campus

To our neighbors

January/February 1986
A summary of recent news stories from the University of California, San Francisco...A Health Sciences Campus.
Volume 11, Number 1



New Service Offers Help to Infertile Males

A new service at the Medical Center at UCSF now offers renewed hope for childless couples who wish to conceive but can't because of male infertility.

The first of its kind in Northern California, the UCSF Male Infertility Service specializes in screening men who suffer from reproductive problems and wish to be candidates for in vitro ("test-tube") fertilization therapy.

The service offers a variety of testing procedures and such therapies as intrauterine insemination and now IVF. UCSF is one of only a few centers in the country that treats male infertility factor by IVF.

Infertile couples who would like more information about the use of IVF for the treatment of male infertility factor should contact the UCSF Male Infertility Service at 661-1950. Couples who would like to know more about UCSF's general infertility program, or IVF treatment for other types of infertility problems, should call 476-1824.

Urinary Stones Treated Without Surgery

A new high-tech therapy that allows physicians to treat urinary stones without surgery or an incision of any kind now is being used at the Medical Center at UCSF and getting rave reviews from patients.

Called "extracorporeal shock wave lithotripsy" (ESWL), the treatment uses high energy shock waves generated outside the body to disintegrate stones inside the body while the patient sits in a tub of warm water. Within a few hours, the stone particles—about the consistency of coarse sand—begin to pass naturally from the urinary tract. ESWL is effective in treating urinary stones of the kidney and upper ureter.

"Compared to other forms of stone therapy, ESWL requires only a short hospital stay—one to two days, and the period following treatment is virtually pain-free," said Joachim Thuroff, MD, medical director of the UCSF Urinary Stone Center, which oversees the new treatment.

UCSF is the first center in San Francisco and the third in California to offer ESWL therapy. Anyone wishing more information should contact the center at 476-UCSF (8273).

Help for Those Who Grieve

The loss of a loved one can be devastating, and for some people the feeling of being unable to cope lasts for many months or even years.

The UCSF Stress and Anxiety Clinic at Langley Porter Psychiatric Institute offers treatment to help people work out their grief and adapt to the implications of the traumatic event.

Up to 20 weekly sessions of individual psychotherapy are offered to those who have experienced the loss of a loved one within four months to three years ago. Fees are assessed on a sliding scale basis.

In addition to attending therapy sessions, participants are given evaluation interviews before and after treatment. Confidentiality is respected.

Interested persons should call Elizabeth Rutzick weekdays, 476-7513 or 476-7510.

Good and Bad News from Dental Study

A new study by UCSF dental researchers has good and bad news about the status of dental health in California school children.

More than half of the young people in the study population—kindergarten through sixth grade—had no tooth decay and no fillings, compared to an estimated 25 percent in a similar age group a decade ago, according to Steven J. Silverstein, DMD, MPH, associate professor of dental public health and hygiene. The research findings also showed, however, that nonwhite children had substantially more decay and treatment needs than white children.

The statewide program was school-based and involved dental health education by trained professionals, daily brushing and flossing to control plaque and weekly fluoride mouth rinsing. More than 330,000 school children participated in the seven-year program.

"Our data underscores an important need to identify children at high risk and to develop strategies that will be more effective in preventing their dental disease," Silverstein said.

UCSF, Mount Zion Merge Home Care Programs

Mount Zion and the Medical Center at UCSF have merged their home care programs, in order to strengthen the program while providing more cost-effective services to patients when they are discharged from the hospital.

The move is one more step in the previously announced plans of the two institutions to bring their programs closer together, and is particularly significant, according to Jan Wright, coordinator of the new home care program, because of the increasing pressure to shorten the stay of patients in acute-care hospitals in order to save health care dollars.

The agreement capitalizes on the strengths of the two home care programs. Recognized nationally for its extensive geriatric services, Mount Zion pioneered hospital-based home care in San Francisco in the 1950s. The UCSF program was one of the few offering medical students the opportunity to learn how to deliver primary care to patients in their homes.

"High Tech" Lab Services Not to Blame

UCSF health policy researchers reported in a new study that the real culprits behind rising hospital costs may be surgery and intensive care for critically ill patients, not the use of "high tech" laboratory services or imaging techniques—as popularly believed.

Writing in the November 7 issue of *The New England Journal of Medicine*, the UCSF team, led by Jonathan A. Showstack, MPH, noted that hospital care expenditures have almost quadrupled over the past decade (from $34.9 billion in 1972 to $135.5 billion in 1982), and health economists usually lay the blame on general inflation, population growth, and increased use of medical technology.

Decision-making by physicians regarding the need for surgery and for special care for critically ill patients—while clinically justifiable—is the key behind the dramatic cost increase. The bottom line is that any measure to control costs must be targeted at these decisions, not just at technologies, the study said.

Psychological and Social Problems in Space

Steps should be taken in the selection and training of astronauts to minimize extraterrestrial "people problems," according to UCSF psychiatrist Nick Kanas, MD, at the VA Medical Center.

Increasingly diverse crews and longer flights compound the mental stresses caused by confinement and weightlessness and may raise tensions that possibly could jeopardize mission goals, said Kanas. He based his conclusions in part on a review of more than 60 studies of American and Soviet space missions and simulated flights.

The review appeared in a recent issue of the journal *Aviation, Space and Environmental Medicine*.

Laurel Heights Gets Dusty

In advance of refurbishing the UCSF-Laurel Heights campus at 3333 California Street, some preliminary, internal demolition will begin during the next two months, including removal of carpeting and partitions. The School of Pharmacy now is in the process of planning the use of space for its various programs. The campus is preparing a full Environmental Impact Report that will cover this phase and its long-range plans for the time when UCSF will occupy the entire building.

UCSF
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